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[www.worldhockey.org/](http://www.worldhockey.org/)

[www.fieldhockey.ca](http://www.fieldhockey.ca)

[www.fieldhockey.ns.ca](http://www.fieldhockey.ns.ca)

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## A Successful Indoor Season

The Indoor Field Hockey League ran on Sundays from Dec 2<sup>nd</sup>- Apr 20<sup>th</sup> at Bloomfield Recreation Center in Halifax. The league comprised of four teams, Panthers, Cougars, Spaz and Saint Mary's. The teams played each other four times ending league play with the semis and the final to follow. After regulation league play, Panthers were in 1<sup>st</sup> place, followed by Cougars in 2<sup>nd</sup>, SMU 3<sup>rd</sup> and Spaz in 4<sup>th</sup>. The play-offs saw some exciting action and fantastic hockey. Congratulations to the Spaz team who came from 4<sup>th</sup> place in league play to capture the Indoor Title, defeating first place Panthers in the semi-final 6-5 and then defeating second place Cougars in the final 5-4 in a penalty shoot-out! The top scorer of the league was Mal Rajaraman. For more detail on the scores and other statistics, go to the web site [fieldhockey.ns.ca](http://fieldhockey.ns.ca) and the link to [indoor.leaguerepublic.com](http://indoor.leaguerepublic.com).

## 2008 Women's Olympic Qualifier

From April 26<sup>th</sup>- May 4<sup>th</sup>, 2008 an Olympic Women's Field Hockey qualifier was held in Victoria, British Columbia. The Canadian women, ranked 23<sup>rd</sup> in the world were trying to improve their world rankings as well as qualify for the Olympics in Beijing, China to be held this August, 2008. Unfortunately, Korea (9<sup>th</sup> World Ranking) a top team in the World and Olympic Medal contingent were upset in the Asian Continental Tournament by Japan. Japan was now the unanimous favourite to win the qualifier. Also playing at the tournament was



Ireland (14<sup>th</sup>), Italy (19<sup>th</sup>), Canada (23<sup>rd</sup>), Uruguay (24<sup>th</sup>), and Malaysia (25<sup>th</sup>). Final standings at the tournament saw Korea easily win the qualifier, followed by Italy 2<sup>nd</sup>, Ireland 3<sup>rd</sup>, Canada 4<sup>th</sup>, Malaysia 5<sup>th</sup> and Uruguay in 6<sup>th</sup>. Although Canada placed 4<sup>th</sup> in the tournament, they did have some very close scores with the teams ranked above them, as well as having the opportunity to play a hockey powerhouse like Korea that had placed in the Top 6 in World Rankings in 2007. Playing on such a big stage will definitely be a highlight for most of the Canadian players in their field hockey careers. One such player is Katie Baker, member of the Canadian National Team and former member of the Saint Mary's Huskies here in Halifax. Congratulations to Katie on her international experience! For more details on the tournament, go to the web site [www.fieldhockey.ca](http://www.fieldhockey.ca).

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## FHNS High School Championships

Here are the scores from the Metro High School League Championships 2008 held at Citadel High School May 8<sup>th</sup>, 2008

### Tier I Championship Winner Charles P. Allen

CPA 2 vs 0 Citadel High

Goal Scorers CPA: Mandy Avery 1, Jenna Currie 1

Shut Out: CPA Sarah Burry



### Tier II Championship Winner JL Ilsley

JL Ilsley 3 vs 0 Sackville High

Goal Scorers JL: Danielle Dempsey 3

Shut Out: JL Danielle MacDonald

### All-Star Game Winner Team White

White 7 vs 0 Blue

Goal Scorers White: Mandy Avery 3, Dyana Rayner 2, Rachel Scott 1, Danielle Dempsey 1

Shut Out White: Sarah Burry

### League All star List:

Armbrae Academy – Rachel Scott  
Auburn – Rebecca Sweet, Sarah Maynard  
Citadel – Kerith Gordon, Christine Campbell, Hannah MacDonald  
CP Allen – Mandy Avery, Nicole Pettipas, Lauren Floyd  
Cole Harbour – Amanda Somer, Dyana Rayner  
Dartmouth High – Nicole Hansom, Michelle Pegg  
JL Ilsley – Danielle Dempsey  
Halifax West – Caroline Whidden  
Prince Andrew – Celeste MacDonald, Ashley Taweel  
Sackville High – Breanna Oram  
Sacret Heart – Kenzie Morrison  
Sir John A MacDonald – Kristine Burke, Erika Boutilier

### Major Awards:

League Top Goal Scorer: Nicole Hansom - Dartmouth High

League Rookie: Erika Boutilier - Sir John A MacDonald

League MVP: Mandy Avery - Charles P. Allen

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# What the Heck are These Umpires Calling Now?

Recently, the League umpires got together to discuss how we will be calling games and what new rules and developments we should consider. Here is a simplified version of what you can expect to see:

## **New League Rules**

Uniforms - You can expect to see Umpires reminding and removing players not wearing their proper team uniform. (Team shirts and socks)

Defaults - Teams must have a minimum of eight players to play. Players under 21 and goal keepers may be picked up, (up to 11 total) but can not count toward the required eight. When time is started, teams will be given a grace period of five minutes to field a team before a default is declared.

Goal Keepers- Teams require eight players, but have three goal keeping options:

1. Fully equipped goal keeper – May only play within their own circle
2. Kicking back – Requires a shirt of a different colour. When wearing a helmet they must stay within their circle. But may safely remove their helmet to play as a field player outside the circle. GK privileges only within the circle.
3. No Goal Keeper – May play with all field players. For penalty corners a field player defending the net must wear a helmet and may only use their stick. May substitute for a Goal Keeper or kicking back for a Penalty Stroke, providing it does not cause undue delay.

## Substitutions

Unlimited substitutions are permitted during field play. Substitutions are not permitted during Penalty Corners, with the exception of injured Goal Keepers or Kicking Backs, who may be replaced with a similarly dress replacements.

## **New Developments**

### Rounded Sides of the Stick

Generally, hits are permitted using the rounded edges of the stick on both the forehand and reverse stick side. However, hard hits on the forehand side using the rounded bottom edge are not permitted. (Chip Shot) Use could result in a card.

### Drag Hits & Pushes

- During free hits in the midfield, drag hits and pushes are permitted. However, near the circle, drag hits that are initiated outside the circle will not be considered to be released within the circle. (Can not turn a free hit into a shot on goal)
- Minor drags are permitted during Penalty Strokes providing they look natural.

### Not Outside the Circle

During a PC, a goal can not be scored unless the ball has traveled outside the circle. If the ball has stayed inside the circle, it is not an offence to shoot the ball toward net. (Less than 18” and not dangerous) Offences resulting from this shot can not result in a PS, as there was no probable scoring opportunity.

## Face Masks

All players defending PC's are permitted to wear a protective face mask within the circle. They must remove them safely for play outside the circle.

## Goal Keepers Playing the Ball

As part of a goal saving action or movement to deny attackers the possibility of possession of the ball, goal keepers may use their hands, arms or any part of their body to move the ball away, deflect or stop a shot at goal. Goal keepers may even place their stick or blocker beside the ball providing the timing of this movement does not obstruct an attacker. They may not however, cover-up the ball.

## Team Umpiring

Expect both umpires to assist in making calls within both circles. The non-controlling umpire may even make calls within the controlling umpire's circle. This will usually only be done in the area beyond the net that is difficult to see or when obvious calls are missed.

## Use of Hand, Feet and Body

The hands on the stick are considered part of the stick. Balls unintentionally hitting feet will usually only be called if an opponent is within playing distance, or the action provided a significant advantage to the receiver or a significant disadvantage to the shooter.

Examples -A ball deflecting off a defenders foot preventing another attacker from receiving that pass is considered an example of a significant disadvantage to the attack and would be called.

-A shot or pass deflecting off a defender and not affecting play that goes over the sideline or end line would be a free hit or long corner for the attack.

- A foot that prevents the likely scoring of a goal would be a PS.

## **The Usual Stuff**

### Obstruction

This is how obstruction should be called:

1. Third party obstruction will only be called when a third player comes between an attacker with the ball and a defender who is within playing distance (3m) attempting to play the ball.
2. Players with the ball will be called if they back into a defender.
3. Physically interfering with the stick or body of an opponent is obstruction.
4. Otherwise, attackers may turn and move away in any direction except bodily into the defender. Obstruction will only be called if all three of the following are met:
  - A) Position – defender in position to tackle
  - B) Intent- defender intends to tackle; shadowing an attacker is not intent to tackle. Running into the attacker to force the obstruction is not intent to tackle and will be called against you.
  - C) Timing – When a defender is in position and has intent to tackle, an attacker should be called if they shield the ball with their body or stick.

## Tackling

In general, tackling is permitted from any direction. However, the tackle must not interfere with the stick or body of an opponent. Tackling through the legs is permitted only if the player is stationary.

## Raised Balls

- Forget raised balls and think danger.
- Generally, low balls at the level of half a chin pad (< 10”) are not dangerous.
- However, low balls into the circle depending on player congestion and proximity, may be considered dangerous. The free hit may be taken up to where the dangerous ball was initially played.
- If playing the raised ball created the danger, then the hit should be played where the danger occurred.
- During a PC when a defender is within 5 m of the first shot at goal and is struck below the knee- another PC is awarded. If above the knee – a free hit for the defense.

## Aerial Balls

Initially, the ball should not be flicked dangerously toward an opposing player who is within 5m of the ball. Apart from the player best positioned to receive the flick, all other players must remain 5m away until the ball is safely played to the ground. If opposing players are in the same location at the same time, the flick will likely be deemed dangerous and a free hit will be awarded back where the flick was initially taken.

## Appealing Calls

Abuse and shouting spoils the game and will not be tolerated. The umpires have been briefed on how to control and eliminate this aspect of the game. Expect continued shouting and appealing to result in the use of cards.

## Dangerous Play

If an opponent is clearly running into the shot or into the attacker without attempting to play the ball with their stick, they should be penalized for dangerous play. Players must not play the ball above their shoulders or lift their stick over the heads of other players.

## Advantage

Advantage allows the game to flow with fewer interruptions. After a foul by the defense, repossession of the ball does not automatically mean advantage; for advantage to apply, the player/team with the ball must be able to develop their play. Sometimes a free hit is the best advantage. Just ask any defender.

## Close to the Foul

Free hits may generally be taken close to where the foul occurred. (Within 5m) Umpires should prevent re-takes by communicating the movement of the ball before the hit is taken. Particular attention is paid close to the 25 m line and 5m zone around the circle.

*Better Umpiring means greater enjoyment of the game*